

It's almost here, that day of lover's delight! Are you sure you'll be ready to show that special someone exactly how you feel? You know, improved alignment, fitness, and strength is not just for dancers...

If you're looking to reconnect with your carnal energy at the core level, Pure Movement Classes are the training you've been seeking. Work from the inside out to help unlock your “creative” expression.

Unleash your power this winter and bring back the velocity of your relationship now and throughout the year.

Pure Movement Schedule

Monday 6:30p to 8:00p

Wednesday 9:30a to 11:00a

\$20 per class or

\$48 for four classes

at Growth in Motion Studios

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